

LYNN COUNCIL ON AGING SENIOR CENTER



October 2017

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

Fall is here! We are already having some chilly days. They are a welcome relief after the hot weather this summer, and is there anything better than the sound of a leaf crunching underneath your shoe?

There will be many exciting events this October in the senior center. Now that we have more drivers, our trips will return in full swing. We are offering three different lunch trips this month, as well as a trip to the Topsfield fair, a cider run, and a casino trip to Mohegan Sun. New programs and activities in the senior center will begin as well. We are in the process of beginning a Ukulele group; so keep your eyes peeled! October 31st we will celebrate Halloween with a day of activities and prizes. There will be a game show that anyone can enter, a candy bar giveaway and a costume contest. Be creative!

You will also see the revival of many programs this month. We will be bringing back Sports Club, and we will have plenty to talk about as football season begins. Billiards Club and Arts and Crafts will also be coming back to the senior center.

With so many new and returning programs and activities this fall, we will most definitely make this fall season filled with fun!

~Stacey Minchello

From Your Mayor

As our city's streets are transformed by full school buses and multi-colored leaves, fall is surely upon us.

It's shaping up to be busy month at the Lynn Auditorium, starting with Subhasree and Jeet Ganguly on Oct. 14. The rock band America will take the stage on Aug. 19, followed by "The Price is Right Live" (a staged production based on the popular game show) on Oct. 21. Closing out the month will be Michael McDonald, formerly of The Doobie Brothers and Steely Dan, with special guest Marc Cohn. For more information, visit the box office or call 781-599-7469.

The seventh season of Arts After Hours concludes with "Bat Boy, The Musical," running Oct. 19-29. For more information, contact the box office at 781-205-4010.

I encourage you to stop by the Lynn Museum to see "The Vision Place of Souls," an exhibition of the works of artist Jeff Fioravanti. A Lynn resident, Fioravanti is a nationally accomplished pastel artist and oil painter. He has long possessed a love of the American Civil War inspired by the artists of that time period, including Winslow Homer, Conrad Wise Chapman, Richard Norris Brooke and Alfred Waud, as well as the prints produced by Currier and Ives. The exhibition, which focuses on Fioravanti's interpretations of the Eastern Theater of the American Civil War, will be on display through Dec. 22.

Before the colder weather sets in, I hope you can enjoy some fresh produce from the Central Square Farmers' Market each Thursday through the end of this month.

As we unfortunately get deeper into flu season, two free flu clinics will be held — one on Oct. 12 at Breed Middle School and the other on Oct. 26 at Marshall Middle School, both from 4-7 p.m. Please bring your health insurance cards if you have them.

Enjoy this beautiful time of year,

Mayor Judith Flanagan Kennedy

CUFFE-McGINN FUNERAL HOME
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Lynn Council on Aging Senior Center

Publication
funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503

Erica Brown
Program Coordinator ext. 618

Rosa Paulino-Diaz
Activities Assistant ext. 625

Hours of
Operation:

Monday thru Friday

8 a.m. to 4 p.m.

LCOA Board of Directors

Arthur Akers President
Minette Lall Vice President
Lester McClain Clerk
Joseph Bryson
Pam Edwards
Frank LaMacchia
Charles Mitchell
Marlene Vasi Eddy

Meets 4th
Wednesday
monthly at
11:30 a.m.

FRIENDS of LCOA Executive Board

Joan B. Noble President
Ann Breen Vice President
Katherine Brown Treasurer
George Harvey Recording Secretary
Anna Szpak Membership Secretary

Meets last
Thursday of the
month

Meeting Dates: Oct 26 Nov 30 Dec 28 Jan 25
Considering joining the FRIENDS? Come visit us and see what we're all about
 Friendship first, friendly smiles making and raising funds for our senior center.

Tired of waiting for the mail?

Monthly newsletters are posted online:
www.ci.lynn.ma.us

Click City Hall

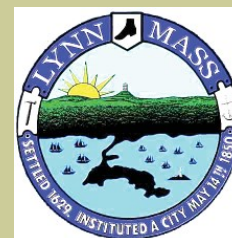
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

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WWW.FACEBOOK.Com/LYNNSENIORCENTER

IN LOVING MEMORY

In honor of John J. Robinson
~Lillian Robinson

In loving memory of my wife, Dr.
Thelma Berger
~ Dr. Harvey Berger

Thank you for your donation
~ Sophie Karoumpalis

DEDUCTIBLE DONATION

GE matches all donations made

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make

check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

☐
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Person's Name: _____

Send card to: _____

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HARBOR
90FT
APARTMENTS

CASINO TRIPS

Mohegan Sun Casino \$29

Oct 24th (40 people must reserve a seat by Oct 13th)
6:30am-6:30pm

Foxwoods \$29

Nov 21st (40 people must reserve a seat by Nov 9th)
6:30am-6:30pm



*** PLEASE NOTE EFFECTIVE JUNE 1ST, 2017 CASINO RESERVATION
REFUNDS WILL ONLY BE ISSUED IF YOU CANCEL 24hrs IN ADVANCE.
WE WILL HOWEVER REFUND YOU IF WE SELL YOUR SEAT THE DAY OF. **

***PLEASE NOTE EARLIER DEPARTURE TIME IS AN ATTEMPT TO BEAT BOSTON

PENNY SALE

The FRIENDS of the LCOA are hosting a penny sale. It will be held in the senior center Thursday October 5th from 11:45am until 12:45pm. Tickets will be sold 1 for \$1 or 6 for \$5.



We are accepting new or like new donations. Examples include unused candles, beauty product sets, or other small items. Drop off your donations at the senior center.

GREATER LYNN PRIDE

LGBT Meetup
Tuesday, October 3rd at 1:30PM
Walking Tour of the Lynn Murals
Meet us at Lynn Arts and we will navigate the murals, ending at
Land of a Thousand Hills



FREE Carbon Monoxide Detectors

Free carbon monoxide detectors to Lynn Home Owners, 60 and over...

- Make sure your smoke and CO2 detectors are on every level including outside the bedrooms and are working properly. Test monthly and replace the batteries twice a year.
- Have your furnaces and chimneys professionally cleaned annually.
- Keep anything that can burn 3 feet away from your fireplace or heater.
- Do not use a space heater as your #1 heating source.
- Avoid extension cords with space heaters.
- Turn off when leaving your home or going to bed.
- Buy a space heater that has a timer function and kill switch if tipped.
- Portable kerosene heaters are illegal in MA to use in your home.
- Never use the gas stove or oven as a heat source.
- Keep appliance vents and exhaust pipes clear of bushes and snow drifts.



Call Sandra and have your name and info added to a list for a home visit.
Sponsored by the Lynn Fire Department.

OPEN ENROLLMENT

DON'T IGNORE YOUR MEDICARE MAIL

It's that time of year! If you have a **Medicare Prescription Drug Plan** or a **Medicare Advantage Plan** (HMO, PPO), you will receive information from your plan by the end of September. Please **understand** and **save** this information regarding **changes** in your plan for 2018.

During Medicare Open Enrollment (**October 15 - December 7**), you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. There will be group presentations... and/or you may schedule a phone or in-person appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. *To schedule a SHINE appointment, call the senior center at **781-586-8518** or 1-800-AGE-INFO (1-800-243-4636) ... then press or say **3**.* If you get the SHINE answering machine, leave your name and number. A counselor will call you back, as soon as possible.

Call early to receive a pre-enrollment form **and make that appointment...** and bring your Medicare and insurance cards and complete list of your medications.

DO NOT WAIT UNTIL IT'S TOO LATE!

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn & Soda Wide Screen Plasma Home Theatre System

Oct 4	La La Land	2016	PG-13	128 mins
Oct 11	On the Double	1961	NR	92 mins
Oct 18	Jackie	2016	R	100 mins
Oct 25	Lucas	1986	PG-13	100 mins



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.



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TODAY**

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HARBOR 90FT

ADAPTIVE HOMES

OCTOBER HAPPENINGS

Mon Oct 2	Topsfield Fair	\$10	11:00am—4:00pm
Tue Oct 3	Birthday Karaoke		11:30am—1:00pm
Tue Oct 3	Greater Lynn Pride LGBT Meet up		1:30pm—3:00pm
	Walking Mural Tour & coffee @ Land of a Thousand Hills		
	Meet at Lynn Arts		
Wed Oct 4	Field Trip: Fall Cider Run	\$2	9:00am—3:30pm
	Parlee Farms, Tyngsboro, MA		
	(Lunch on own)		
Thu Oct 5	<u>Penny Sale</u>	\$1 or 6/\$5	11:45am—12:45pm
	Sponsored by the FRIENDS of the Lynn Council on Aging		
Mon Oct 9	Columbus Day—Senior Center Closed		
Thu Oct 12	<u>Lunch Trip:</u> Red's Sandwich Shop	\$2	10:30am—1:00pm
	Salem, MA		
Thu Oct 12	Ice Cream Social	\$0.50	1:30pm
Mon Oct 16	Bingo Bonanza	\$11—12 games	1:00pm
	9 cards- paper sheets only		
	Card sales start at 11:30am		
Tue Oct 17	<u>Lunch Trip:</u> 99 Restaurant	\$2	10:45am—1:00pm
	Revere, MA		
Fri Oct 20	Brown Bag		9:30am—12:00pm
	Sponsored by:		
	GREATER BOSTON FOOD BANK		
Tue Oct 24	Mohegan Sun	\$29	6:30am—6:30pm
Wed Oct 25	<u>Lunch Trip:</u> Olive Garden		10:30am—1:00pm
	Danvers, MA	\$2	
Thu Oct 26	Senior center closed at 2PM		
	Afternoon horse racing will be moved to 10AM in the game room		
Mon Oct 30	Bingo Bonanza	\$11—12 games	1:00pm
	9 cards- paper sheets only		
	Card sales start at 11:30am		
Tue Oct 31	Halloween!		
	Game Show		9:30am—10:30am
	Candy Bar Giveaway		10:00am—12:00pm
	Best Costume Contest		10:30am—10:45am

HALLOWEEN

Join us October 31st for these Halloween activities!

Candy Bar Giveaway

Sponsored by the **FRIENDS of the LCOA**

Swipe your card at the senior center between 9:30am and 12:30pm to receive a free candy bar while supplies last!



Halloween Game Show



There will be a game show for all members to enter, beginning at 9:30am. Trivia questions answered correctly will ensure members a chance to compete in the game show. The grand prize will be a \$25 gift card to Market Basket!

Dress to Impress, Costume Contest

Come to the senior center wearing your scariest, silliest, or craziest costume! Be creative. The best costume will be awarded a \$10



Dunkin' Donuts gift card! Judging will take place at 10:30am.

October is Domestic Violence Awareness Month

GLSS has special programs to help those adults (women & men) who are 50 years of age and older, who live in the North Shore area and who are, or have been abused by an intimate partner, adult child or grandchild. Our free services include education, support, advocacy, one-on-one confidential counseling, group counseling, legal assistance and other services to help you live independently and safely in the community. You are not alone. Let us help.

Please call the Program Director, Katie Galenius, LICSW @ 781.586-8668

SPECIAL THANKS

Thank you, Davida Colton for all your years of volunteer service. We appreciate all your hours of arts & crafts teaching here at the center. Your expertise and wonderful simplicity of making something out of nothing was beyond impressive.

We'll certainly miss you; but wish you the best in your retirement!

**YOUR
AD
HERE**

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 Visiting Angels

Wellness Watch October 2017

The fall season brings new colors on the trees and crisper air. October is a month to think about lung health and taking care of the respiratory system. Here are some ways to keep your lungs healthy:

Avoid smoking because it is the major cause of lung cancer, chronic obstructive pulmonary disease (COPD), chronic bronchitis and emphysema. Cigarette smoke gets into your lungs and narrows air passages which then make breathing difficult. It is never too late to quit smoking and for help you can contact the American Lung Association for tips.

Pollutants in the air such as secondhand smoke, air pollution, chemicals inside and radon can increase risk for lung disease. Creating a smoke free environment in your home and car will help to protect your lungs. Testing your home for certain chemicals, especially radon is vital to preventing lung disease. Discussing any concerns with your healthcare provider can also help to ensure that your home, school and work are safe.

Preventing infection as much as possible is key to protecting the lungs. A cold or respiratory infection can lead to very serious illness. Washing your hands with soap and water often, or using hand sanitizer will help to prevent the spread of germs. Staying up to date with vaccinations, especially the flu shot can prevent illness. The pneumonia vaccine is another way to prevent disease, especially if you are already at risk.

Cardio exercise such as walking, biking or swimming helps to improve lung capacity. There are also breathing exercises to improve lung function. Both breathing exercises and physical exercise can help to improve your mood and overall wellbeing.

Regular checkups with your healthcare provider are important to maintain health even when you feel good. Sometimes there are symptoms that go undetected and can later lead to serious illness. Your provider can check your lungs and breathing to make sure everything sounds normal. This is also a time to share any concerns you may have. Being a partner in your healthcare team will allow your voice to be heard.

For more information visit the American Lung Association at www.lung.org or 1-800-LUNGUSA (1-800-586-4872)

Make a profound difference in someone's life as a Care Dimensions' Volunteer

Every day, ordinary people make an extraordinary difference in people's lives by spending time with hospice patients. We provide free training, but typically all that's required of you are simple acts of kindness from listening, to holding a hand, playing cards — even just greeting families when they come to our new hospice house opening in early 2018 on the Waltham/Lincoln line.

Upcoming Care Dimensions Volunteer Training Sessions

Saturdays, 9am-4pm, Oct. 14, 21, 28 in Waltham

or

Wednesdays, 9am-noon, Oct 4--Nov 8 in Haverhill



CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Founded in 1978 as Hospice of the North Shore

SENIOR CENTER ACTIVITIES • OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 WII	9:00 -12 WII	9:00 -12 WII	9:00 -12 WII	9:00 -12 WII
9:30 BEAN BAG TOSS	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-10:30 COLORING Group
9:30-11:00 KNITTING & CONVERSATION	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
10:45-12:30 LUNCHEON	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:45-12:30 LUNCHEON
12:00-1:00 SPORTS CLUB	10:45-12:30 LUNCHEON INFO	11:30-12:15 EXERCISE CLASS	10:45-12:30 LUNCHEON	11:30-12:15 EXERCISE CLASS
1:00-2:45 BINGO	12:00-2:45 POKENO	12:30 – 2:00 MOVE SAFE CLASS	10:30-12:00 ACRYLIC PAINTING	1:00-2:45 BINGO
	1:30 BILLARDS CLUB	1:00 – 3:00 MOVIE	12:30-2:30 JAPANESE BUNKA EMBROIDERY	
		1:00-3:00 'PENNY ANTE' POKER	1:00 FREE ZUMBA CLASS	
			2:00-3:00 HORSE RACE GAME	

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- Accepting applications



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Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.

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HALLOWEEN

C	T	L	S	L	L	A	B	E	Y	E	I	S	E
C	A	N	D	Y	C	O	R	N	S	S	N	S	Y
Y	S	O	H	N	S	E	H	C	T	I	W	I	G
S	P	I	D	E	R	S	H	A	P	P	Y	E	O
N	O	N	L	H	C	H	T	A	H	I	L	L	B
C	F	A	D	E	B	O	R	E	R	H	E	H	B
A	T	U	O	L	O	Y	S	C	B	A	T	S	L
T	W	S	N	Y	O	E	S	T	V	S	T	E	I
Y	R	K	O	N	A	R	G	E	U	A	U	L	N
B	P	I	L	H	Y	A	S	B	E	M	I	T	S
T	Y	A	C	R	G	C	E	R	A	R	E	Y	B
N	Y	B	E	K	Y	S	T	L	F	N	H	S	B
F	A	L	L	N	S	H	A	Y	R	I	D	E	O
C	T	S	G	A	S	O	E	Y	H	S	D	B	S

GHOST
COSTUMES
EYEBALLS
FALL

GOBLINS
BOO
SCAREY
LEAVES

SPIDERS
CANDYCORN
FUNNY
HAYRIDE

TREATS
WITCHES
LEAVES

TRICKS
BATS
HAPPY



OCTOBER 2017

Requested Donation is \$2.00 per meal

Greater Lynn Senior Services COMMUNITY CAFE MENU – OCTOBER 2017

GLSS NUTRITION
781-586-8695

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Stuffed shells/sauce(505)* Roasted zucchini(15) Calories-600 Sodium-792 ALTERNATIVE Veggie burger/roll(768)* Calories- 680 Sodium-1033	3 Chicken/cranberry glaze(103) Rice pilaf(93) Calories-775 Sodium-665 ALTERNATIVE Carne guisada(bee)-(422) Calories-698 Sodium-984	4 Hot dog/roll/mustard(886)* Baked beans(206) Calories-715 Sodium-1289** ALTERNATIVE Oven fried chicken(200) Calories-600 Sodium-724	5 Meatloaf/gravy(370) Cheddar potato(136) Calories-784 Sodium-1073 ALTERNATIVE Cheese pizza(340) Calories-724 Sodium-917	6 Fish/tartar sauce(340) Soup/crackers(185) Calories-844 Sodium-943 ALTERNATIVE Egg/cheese croissant(410) Calories-600 Sodium-765
9 HOLIDAY NO MEAL SERVICE	10 Roast beef/gravy(167) Golden mashed potatoes(107) Calories-600 Sodium-571 ALTERNATIVE Veggie stuffed pepper(100) Beets(83) Calories-620 Sodium-600	11 Pulled pork/ sauce(405) Soup/crackers(185) Calories-900 Sodium-1121 ALTERNATIVE Garlic chicken(116) Sweet potato(104),soup Calories-790 Sodium-818	12 Chicken pot pie(135) Steamed potatoes(5) Calories-600 Sodium-433 ALTERNATIVE Beef /chimichuri sauce(140) Yellow rice(180) Calories-796 Sodium-819	13 Lemon baked fish(220) Soup/crackers(234) Calories-778 Sodium-950 ALTERNATIVE Bean/ cheese enchilada(250) Sweet corn(10) Calories-600 Sodium-770
16 American chop suey(316) Salad/dressing(62) Calories-900 Sodium-651 ALTERNATIVE Chicken stew(190) Calories-700 Sodium-662	17 Potato Pollock/tartar sauce(367) Soup/crackers(272) Calories-829 Sodium-1005 ALTERNATIVE Macaroni and cheese(520)* Calories-819 Sodium-952	18 Seasoned roast chicken(150) Sautéed greens(86) Calories-650 Sodium-670 ALTERNATIVE Black bean burger(794)** Calories-670 Sodium-1195	19 AUTUMN SPECIAL Chicken/ apple compote Parsnips/ Brussel sprouts Wild rice blend Pumpkin square Roll Calories-800 Sodium-996	20 Turkey ala king(230) Broccoli(23) Calories-660 Sodium-733 ALTERNATIVE Cheese ravioli(592)* Calories-600 Sodium-906
23 Salisbury steak/gravy(459) Soup/crackers(185) Calories-692 Sodium-1026 ALTERNATIVE Veggie Shepherd's pie(200) Calories-650 Sodium-672	24 Broccoli cheddar bake(436) Homefries(194) Calories-834 Sodium-1000 ALTERNATIVE Fish/coconut sauce(270) Calories-730 Sodium-658	25 Roast turkey/gravy(487) Roasted winter squash(20) Calories-712 Sodium-1000 ALTERNATIVE Honey mustard pork(250) Calories-737 Sodium-688	26 Pork rib/ sauce(410) Soup/crackers(159) Calories-784Sodium-1390** ALTERNATIVE Chicken/ sauce(150) Calories-796 Sodium-927	27 Chicken parmesan(232) Pasta(20)Salad(121) Calories-900 Sodium-755 ALTERNATIVE Spanish meatballs(326) Calories-846 Sodium-745
30 Beef stew(117) Mashed potatoes(107) Calories- 866 Sodium-855 ALTERNATIVE Eggplant parmesan(512)* Calories-720 Sodium-1070	31 Spaghetti/ meatsauce(150) Salad/dressing(262) Calories-760 Sodium-963 ALTERNATIVE Beef picadillo(330) Calories-837 Sodium-1025	HAPPY HALLOWEEN!	ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(more than 500mg.per serving). MEALS MARKED ** ARE HIGH SODIUM(more than 1200MG per meal).	NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE LISTED FOR THE ENTIRE MEAL,INCLUDING MILK,BREAD,MARGARINE AND DESSERT.

MENU SUBJECT TO CHANGE WITHOUT NOTICE.

Hair Salon

SOPHIE'S SALON

WEDNESDAYS

9:00 AM—1:00 PM

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

WALK-IN OR APPOINTMENTS

**KIOSK FOR
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EVERY **TUESDAY &
THURSDAY**
10:00 AM—12:00 PM

**MILLION HEARTS
NURSE**
**2ND TUESDAYS &
4TH THURSDAYS**
10:00 AM—12:00 PM

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

**VETERANS
COFFEE HOUR**



PODIATRIST



Thurs., October 5th

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

**BLOOD SUGAR &
BLOOD PRESSURE**

Every Wednesday

8:00 am - 9:00 am



LYNN COUNCIL ON AGING SENIOR CENTER

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